

June 2021

# Early Head Start Gazette

Community Coordinated Care for Children Inc., (4C)

## COVID-19 Vaccines for Children ages 12 and older

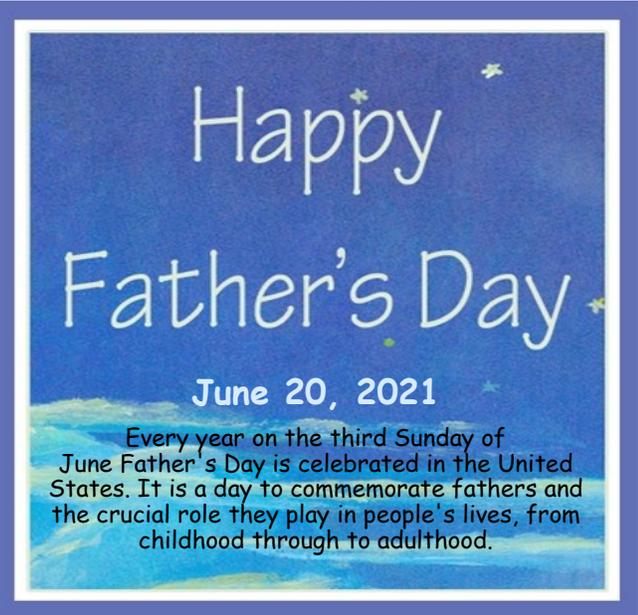
**CDC recommends COVID-19 vaccination for everyone 12 years of age and older to help protect against COVID-19.** Children 12 years of age and older are able to get the Pfizer-BioNTech COVID-19 Vaccine.

Find a COVID-19 Vaccine: Search vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

## Skills Every Dad Should Teach His Toddler

Sure mom could teach them as well, but a father's touch really brings out the fun and the manly expertise for these fun activities!

1. **Throw a Ball.** Start simple, like throwing some bread to ducks. Coordination takes many, many years to develop, but a patient dad makes throwing fun.
2. **Roughhouse Safely.** Wrestling with dad is a vital aspect of play. Dad's help children learn how to set boundaries, to respect others, and teach when to stop.
3. **Say "I'm Sorry".** Everyone makes mistakes, even dads. By modeling how to take responsibility for your actions and acknowledging how mistakes can affect others, dads are vital role models for teaching social skills to their toddlers. Symbols children can recognize
4. **Recognize Symbols.** Whether sports teams, or car emblems, or brand logos, symbology is a critical foundation for early literacy and reading skills. By helping toddlers recognize symbols, dads are setting the groundwork for future letter and word
5. **Play Cards.** Toddlers playing poker? Well, not yet, but cards can be a fun way for dads to introduce early math



- skills and pattern recognition. Sort the cards by color. Talk about high and low cards.
- Simple games can help teach fairness and how to lose (or win) gracefully. Even "52 Card Pick-up" is an important learning opportunity for toddlers!
6. **Ride a Bike.** A rite of passage for any father, teaching little ones to balance and coordinate left right pedal pushing are fundamental learning skills. Do not expect immediate results....the patient dad knows it takes time and practice! Dad and son talking on beach
  7. **Listen.** Toddlers want to be heard, just like anyone else. Even when they are driving you crazy, take time to listen to what your child is saying. Half of all communication is about learning good listening skills, which supports their reading comprehension and social-emotional development.
  8. **Cook.** Make a sandwich or stick apples in peanut butter. Whether a simple cheese, or old-fashioned PB&J, even the youngest little chef can learn a thing from dad. Those little fingers are learning the importance of how to be self-sufficient and responsible (let them wipe the counters to clean-up!) <https://www.famlii.com/skills-every-dad-teach-toddler/>

## How to Save Money: 14 Easy Tips

**1. Review your spending habits** You can get a good sense of where your money has been going, which will help you identify the best places to reduce your costs.

**2. Put your smartphone to work**

There are a wide range of budgeting and money-saving apps that can help automate your savings, alert you if you're overspending and invest some of your savings for growth.

**3. Compare other options for your mobile service**

**4. Turn off those notifications that want you to spend money**

Think about all those promotional emails you receive that invite you to "save big," "shop the newest trends" and "last chance for this great deal."

**5. Refinance your mortgage, or look for a more affordable rental**

**6. Shrink your utility bills**

**7. Evaluate all your entertainment expenses.**

Do you really need all 400 channels on your TV? The average basic cable package is around \$60 per month, but there are loads of cheaper options - some as

low as \$10 per month

**8. Take advantage of free community entertainment options**

Make the most of every opportunity to explore the parks system near your home, and do some research to find free days to local residents at museums and cultural centers.

**9. Be a strategic grocery shopper**

The average household throws away more than \$1,800 of food each year. As you make your grocery list, think about what found its way into the waste basket last time and how to avoid a similar fate.

**10. Break up with brand names**

Do you really need the top-shelf brand name with those foods?

**11. Compare other banking options**

If you're paying any fees for your checking or savings account, it's time to figure out how to reduce those costs.

**12. Investigate alternatives for your insurance needs**

If you have a track record of safe driving, it's time to ask if another insurance provider will do a better job of rewarding that good behavior.



**13. Use coupons**

**14. Challenge yourself to a spending freeze**

It means you'll cut all your unnecessary expenses for a certain period of time.

<https://www.bankrate.com/banking/savings/how-to-save-money/>

## How to Prevent Child Deaths in Hot Cars

**Child hot car deaths are 100% preventable if you follow these simple tips each time you get out of the car.**

Never leave a child alone in a car for even a second. Look before you leave. Put your purse, wallet or other valuables in the backseat to make sure you have a reason to reach back before you leave.

Be especially careful when you're in someone else's car or you're in another person's car, which could change your routine of looking before you leave.

Make sure your cars are locked to prevent children from getting back in the car without you knowing.

Keep your keys out of children's reach to prevent them from unlocking the car and getting back in.

### What to Do if You See a Child Alone in a Car

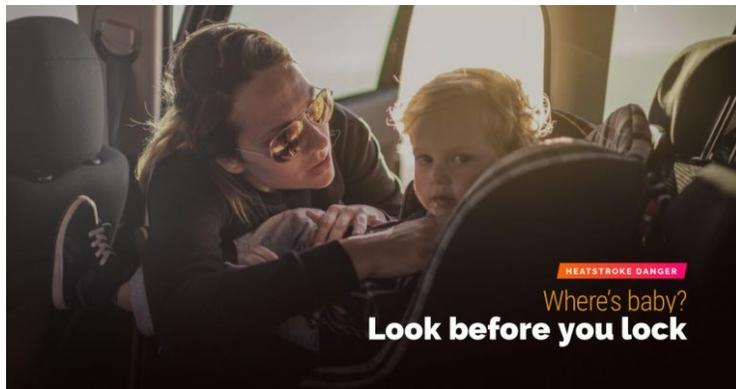
If you see a child alone in a car do not ignore them. Following these simple steps right away can save a life.

If the child seems okay, stay with the child. Call inside the store or ask someone to get a store manager for assistance in locating the parents over the intercom with a description of the car.

If the child is nonresponsive or in any pain call 9-1-1 immediately. Try to get the child out of the car by any means necessary. Try to cool the child down with cool water on their skin.

### Hot Car Safety Goes for Pets, Too

Pets left alone in a hot car are also in danger. In fact, PETA shared that leaving them unattended in a hot car can lead to brain damage from heatstroke in less than 15 minutes. Even



though it might be cooler outside, temperatures inside a car can increase in a matter of minutes.

If you see a pet in a car, the Humane Society recommends following similar recommendations as responding to children. If the pet is unresponsive or in pain call the police non-emergency line or your local animal control department for immediate help. Don't leave the car until the owner or help arrives.

Instead of leaving your pet unattended, consider leaving them at home while you run errands. If you'd like to bring them along for pet-friendly activities follow the same recommendation for leaving children: look in the back seat before you lock and leave your car. Consider putting a leash or your purse in the back seat as a reminder. <https://www.safety.com/family-safety/hot-car-safety/>

## Announcements

June is National Hunger Awareness Month, each year millions of people in America face hunger. The coronavirus pandemic has caused even more families to struggle. We estimate that 42 million people may be food insecure due to the pandemic, including 13 million children.

The pandemic has caused more families to seek help from food banks in the Feeding America network. Food banks estimate that 4 in 10 people visiting a food bank now need assistance because of COVID-19.

Experiencing hunger during childhood can have a life-long impact on your mental and physical health and educational achievement.

Many of the families that Feeding America food banks serve work part-time or full-time jobs. However, low wages, under-employment, and necessary expenses like rent prevent families from meeting their basic needs.

Federal nutrition programs, like SNAP and WIC, feed millions every year. Yet, many who face hunger are unlikely to qualify for these programs because they are employed or have incomes slightly above the poverty line.

### Food resources throughout the Central Florida area.

- Second Harvest [www.feedhopenow.org](http://www.feedhopenow.org)
- The Sharing Center [www.thesharingcenter.org](http://www.thesharingcenter.org)
- Osceola Council on Aging [www.osceolageneration.org](http://www.osceolageneration.org)

## How do I get my baby to stop fighting sleep?

**Consistency is key when it comes to getting your newborn to stop fighting sleep. Your best bet is to stick to your plan and the tuck-in should become easier over time. Here's how:**

Memorize drowsy signs. An overtired baby is too worked up to sleep, so strive to spot the signs, such as yawning, ear pulling, eye rubbing, thumb sucking and fussing.

Keep things low-key. Overstimulation can be caused by too many people around, bright lights or a noisy environment. Do what you can to remove your baby from the din.

Practice separating. You go away, but you always return. Teach this by leaving the room for a few seconds at a time and your tot will get better at being away

from you.

Get to know your baby's "wake windows," or the amount of time baby can handle being awake at a stretch, which varies by age. A 1-month-old, for instance, can be awake for about an hour at a time, and a 3-month-old for up to two hours.

Make daytime for playtime. Give your sweetie lots of practice with newly minted milestones (sitting up, crawling) so your baby nixes these night urges and stops fighting sleep.

Take the routine on the road. Bath, bottle, cuddle, bed! Babies with a solid bedtime routine will cry less and sleep more, so stay the course even when you're



traveling.

Change your baby's bedtime. A bigger baby needs a little less shut-eye, so be ready to push your little one's bedtime back a bit as she/he ages.

Plan a longer afternoon nap. If your babe seems to be dropping her/his morning nap, consider moving lunch up a bit and putting baby down for a longer afternoon snooze.

Wondering if your fussy baby will ever settle down in the crib? Keep in mind that fighting sleep is likely due to a predictable phase. Once you've identified the issue, you can help baby through it and then ease your child back to the sleep you're both craving. <https://www.whattoexpect.com/first-year/sleep/baby-fighting-sleep/>

## Water Beads Sensory Play

Water beads

Ziploc

Duct tape

Let the water beads soak overnight or for at least a few hours in some water.



Add a scoop of water beads to the Ziploc and fill it about halfway with water. Add a splash of food coloring or liquid watercolor to the water. Seal the bag and duct tape it closed.



## Health Benefits of Mangoes

### Vitamin A

Mango is rich in vitamin A. As noted above, 1 cup of mango has about 25 percent of the daily recommended value of vitamin A. This vitamin has many important functions in the body, especially for the eyes and skin. It also boosts the health of your bones, as well as the reproductive and immune systems.

### Vitamin C

Mango is one of the highest food sources of vitamin C. This vitamin is essential for your immune system. It also plays a role in muscle, tendon, and bone growth. Eating mango improves plant iron absorption due to its vitamin C content. One cup of mango has 46 milligrams of vitamin C, or about 76 percent of what you should get in a day.

### Weight control

Mango demonstrates some exciting potential when it comes to healthy weight control. Recent research suggests that mango and its phytochemicals may actually suppress fat cells and fat-related genes. Another study showed that mango peel inhibits the formation of fatty tissues in a way similar to the antioxidant

resveratrol.

### Anticancer

The micronutrients in mango may fight cancer, and research on breast cancer in particular is promising. In one animal study, mango decreased tumor size and suppressed cancer growth factors.

In another study, mango stopped the advancement of an early-stage breast cancer called ductal carcinoma.

### Improved digestion

Mango consumption has shown impressive results in people with chronic constipation. In research published in The Official Journal of the Federation of American Societies for Experimental Biology, a group of people who ate mango every day had more improvement in their constipation symptoms than those who ate an equivalent amount of fiber.

The mango group also adhered to their treatment plan more easily and showed increases in healthy fatty acids and other measures of digestive wellness, like gastric secretions that aid in digestion of food.

These positive effects may be due to mango's high water and fiber content, in addition to its healthy antioxidants.



## Mango Banana Popsicles

### Ingredients

1 banana  
2 mangoes  
 $\frac{1}{2}$  cup milk

### Instructions

- Peel the banana and remove the pit and skin from the mango.
- Place all ingredients into your blender and blend until smooth.
- Pour into popsicle molds and insert sticks/handles.
- Freeze.

<https://www.thetwobiteclub.com/2013/04/mango-banana-popsicles.html>